



THE MARKET BASKET

What To Eat Where To Get It How To Cook It



THE HOME KITCHEN

By JEANNETTE YOUNG NORTON

THE DOZEN RECIPES FOR THE NOURISHING AND ECONOMICAL CORNMEAL

If cornmeal were more expensive we might possibly be more appreciative of this most plentiful of American crops, but its cheapness places it in the common-food class, which any one may have, and so, unfortunately, cuts off its appearance upon the more selective tables of some of the wealthy. This fact, however, need not keep cornmeal

scanties from tables where economy should prevail, for the sustaining power of the cooked meal is a health factor worth considering.

In buying yellow cornmeal, it is best to buy in small packages or in bulk, as needed, for then one may see that the meal is fresh and avoid the risk of getting a heated, webby product, which may even harbor the destructive weevil.

Fried Mush.

Fried mush with country sausage

and fried potatoes makes a justly famous New England breakfast, which tastes just as good in any other part of the country, providing the mush is made right. Put two quarts of water into an iron pot, add a level dessertspoonful of salt, a tablespoonful of sugar, and a small bit of butter. When the water is boiling, sift in slowly a pint of yellow cornmeal, stirring steadily. Cook slowly, but evenly, for from half to three quarters of an hour, then turn into a shallow pan that has been wet with cold water. When the mush is cold and stiff, cut in thick slices and fry in hot fat. Good drippings will do. Serve on a hot dish and use maple syrup or honey with the mush

or just a little of the sausage gravy. **Potenta.** Take the mush prepared as directed, and cut in cubes, butter a baking-dish, put in the cubes in layers with Parmesan cheese sprinkled between, and let it bake and brown in the oven. Hot tomato sauce is often served with this dish of Italian origin.

Southern Luncheon Dish.

Turn a layer of mush into a pan wet with cold water, and spread over it a layer consisting of a cupful of chopped, boiled ham, a half-cupful of apple sauce, a finely-minced sweet pepper, and a little paprika, then pour on another layer of mush. When cold and stiff, cut in small squares, lay them in a buttered baking-dish, and sprinkle with grated cheese. Bake long enough to melt the cheese and brown delicately.

Louisiana Corn Bread.

Sift together a pint of yellow cornmeal and a pint of flour, two level tablespoonfuls of baking-powder, a teaspoonful of salt, and a tablespoonful of butter. Add a pint and a quarter of rich milk. Beat to a smooth batter and pour into a buttered, square pan and bake in a brisk oven for half an hour.

Sponge Corn Cake.

Bring one quart of rich milk to the boiling point, then turn it over a pint of yellow cornmeal. Add a lump of butter and a heaping teaspoonful of salt and a teaspoonful of sugar. Set the mixture away overnight, and in the morning beat it light and add two beaten eggs. Pour the mixture into two buttered earthen baking-dishes and bake about 30 minutes.

Bannocks.

Scald two cupfuls of yellow cornmeal with enough boiling water to moisten it, cover, and let stand for a half-hour. Add four well-beaten eggs, two cupfuls of milk, a teaspoonful of salt, two tablespoonfuls of melted butter, a teaspoonful of sugar, a cupful of flour and two teaspoonfuls of baking powder. Beat all smooth, and turn into well-greased shallow pans and bake in a brisk oven.

DO YOU LIKE REAL HOME-MADE DUMPLINGS?

Almost everybody likes dumplings, yet they are seldom served outside of homes where real home-cooking is in favor. Light and tender dumplings are not an impossibility when made by experienced hands, and a trial of the following recipes may help lift the prejudice from a few of the varieties.

When a dumpling is to be boiled on top of a stew or soup, or in salted

water, it is an unwritten law that the liquid should be boiling and not tepid, as so often happens, as the tepid water ruins the dumpling. If it is to be baked, then have the oven at the proper temperature, the same as you would for cake. If dumplings are to be made, they are worth making with the same care that is bestowed on other dishes if we want a tender, digestible product.

Quick Dumplings for Stews.

Sift one pint of flour with two teaspoonfuls of baking-powder and a half-teaspoonful of salt. Rub in a heaping tablespoonful of butter or lard, add a grated, boiled potato, and a little milk, and knead to the consistency of soft biscuit dough. Cut in pieces and press out with the hand. Fold a pared, cored and quartered apple in each piece, dust with a little cinnamon and sugar, put in a piece of butter and fold over. Place the dumpling on a floured plate in the steamer, and steam 30 minutes. Serve with a good pudding sauce.

Steamed Apple Dumplings.

Mix one quart of sifted flour with three teaspoonfuls of baking powder and a half-teaspoonful of salt. Rub in a heaping tablespoonful of butter or lard, add a grated, boiled potato, and a little milk, and knead to the consistency of soft biscuit dough. Cut in pieces and press out with the hand. Fold a pared, cored and quartered apple in each piece, dust with a little cinnamon and sugar, put in a piece of butter and fold over. Place the dumpling on a floured plate in the steamer, and steam 30 minutes. Serve with a good pudding sauce.

Potato Dumplings.

Grate 10 medium-sized, cold boiled potatoes and add to them six tablespoonfuls of sifted flour with two level tablespoonfuls of baking powder, a teaspoonful of salt, a tablespoonful of melted butter, a saltspoonful of nutmeg, and three fresh eggs, beating in one at a time. Mix well and form into balls the size of golf balls, dust with a little flour, drop into boiling, salted water, and boil evenly 15 minutes. Lift with a skimmer onto a hot dish and turn over them a good cheese sauce. Garnish with a little chopped parsley.

Raised Dumplings.

When, in making bread, the dough has risen ready to put into the pans to raise for baking, take off about what would make one loaf. Pull off small pieces of the dough and roll into balls, then lay them on a floured board, three or four inches apart, and roll them out into thin sheets. When ready, drop the dumplings on top of the boiling stew, cover tightly, and cook for 25 minutes. Dish the dumplings on a separate hot dish, thick the stew onto another dish, thicken the gravy, and strain it over the stew. Serve immediately.

Eggs in Jelly.

Four hard boiled eggs, 1 tablespoon granulated gelatine, 1 teaspoon onion juice, 1 teaspoon salt, 1-8 teaspoon pepper, 4 teaspoon minced parsley, hearts of lettuce, mayonnaise.

Prepare eggs as in preceding rule. Soften gelatine in one-quarter cup cold water. Let stand 15 minutes. Pour over one and one-half cups boiling water. Let stand till cool and add onion juice, salt and pepper. Put one teaspoon of the gelatine in

Lenten Dishes

Eggs may appear in the salad with quite as much value to the whole meal as if they constitute the main dish or a rich dessert.

The thing to remember is that hard boiled eggs or eggs in any made dish are a bit harder to digest than plain soft boiled or poached eggs. Use plenty of bran bread and muffins. And as the spring vegetables come into market serve them religiously.

These foods furnish the bulk and minerals so necessary to a balanced diet. Eggs are a concentrated food and other coarse foods must be furnished to satisfy hunger.

Daisy Salad.

Four hard boiled eggs, shredded leaf lettuce, mayonnaise. Put eggs in a pan large enough to hold them without touching each other. Cover with cold water. Too much water makes the eggs break during cooking.

Cover the pan and bring slowly to the boiling point. Cook just below the bubbling point for half an hour. Eggs "hard boiled" this way are more easily digested, the white does not get tough and leathery and the yolk is dry and mealy. Plunge eggs immediately into cold water. Let stand 15 minutes, changing the water as soon as the eggs make it warm. Tap the shell lightly, breaking the entire surface.

Very fresh eggs are hard to remove from the shell without making the egg white rough. This thorough tapping of the shell makes it possible to shell even a new laid egg smoothly. Cut the eggs in half crosswise.

Slice the yolks crosswise to make the centers of the daisies and cut the whites in strips lengthwise of each half to make the petals. Arrange on a bed of lettuce daisy fashion and drop a teaspoon of mayonnaise on each yolk. This rule provides a whole egg for each service.

Eggs in Jelly.

Four hard boiled eggs, 1 tablespoon granulated gelatine, 1 teaspoon onion juice, 1 teaspoon salt, 1-8 teaspoon pepper, 4 teaspoon minced parsley, hearts of lettuce, mayonnaise.

Prepare eggs as in preceding rule. Soften gelatine in one-quarter cup cold water. Let stand 15 minutes. Pour over one and one-half cups boiling water. Let stand till cool and add onion juice, salt and pepper. Put one teaspoon of the gelatine in

each mold and add a slice of egg. Cover with gelatine and when beginning to set add another slice of egg. Continue layer for layer until all is used.

The gelatine will set very quickly and by the time the last mold is finished the first mold will be ready for the next layer. Let stand on ice till very firm and thoroughly chilled. Unmold and roll each in minced parsley.

Put in a bed of lettuce and fill one heart of the lettuce with mayonnaise.

Egg and Beet Salad.

Alternate slices of pickled beets and hard boiled eggs on a bed of curly endive. Serve with plain French dressing. Mayonnaise does not combine well with beets.

Egg and Spinach Salad.

Four hard boiled eggs, 2 pounds spinach, 2 tablespoonfuls butter, 1 dessertspoon flour, 1 tablespoon lemon juice, 1-2 teaspoon salt, 1-3 teaspoon pepper.

Wash spinach carefully and cook 15 minutes in a covered pan in its own juice. Rub through a fine sieve. Melt butter in a smooth pan and add spinach puree, lemon juice and salt and pepper. Sift over flour, stirring constantly, and cook five minutes. Line a mold with slices of hard boiled eggs, pour in spinach mixture, cover with a plate and weight and let stand till firm and thoroughly chilled.

Serve on a bed of lettuce on a big plate and mask with mayonnaise.

When eggs are plentiful everybody likes to bake delicate cakes.

A sunshine cake, made with the yolks of eggs, should be baked when an angel cake is made, using many egg yolks can be kept two or three days. Be careful not to break the yolk when separating whites from yolks. Put yolks in a bowl, cover with cold water and put in a cold place. When yolks are needed pour off the water and use as usual.

Angel Food Cake.

Twelve eggs (whites), 1 teaspoon cream of tartar, 1 teaspoon vanilla, 1-8 teaspoon salt, 1 cup and 2 tablespoon flour, 1-2-3 cups sugar. Add cream of tartar, vanilla and salt to whites and beat till stiff and dry. Sift flour four times, measuring after sifting. Sift sugar twice, measuring after sifting. Mix flour and sugar and sift over beaten

whites. Beat butter and sugar to a cream. Sift in about one-half cup flour. Add egg yolks beaten till thick and lemon colored. Mix and sift salt, baking powder and flour. Add alternately to first mixture with milk. Add vanilla and lemon extract and pour into an angel cake pan. Bake 50 minutes in a moderate oven.

Nut Sponge Cake.

One cup sugar, 1 cup nuts, 8 eggs, 1 tablespoon lemon juice, few grains salt. Beat yolks of eggs till thick and lemon colored. Beat in sugar, adding the sugar which has been added slowly and beating vigorously. Add chopped nuts.

Beat whites with a whisk for 15 minutes, adding salt when beginning to beat and lemon juice when half beaten. Add yolk mixture to whites and cut in flour. Put in an angel cake pan with a chimney and bake 50 minutes in a moderate oven.

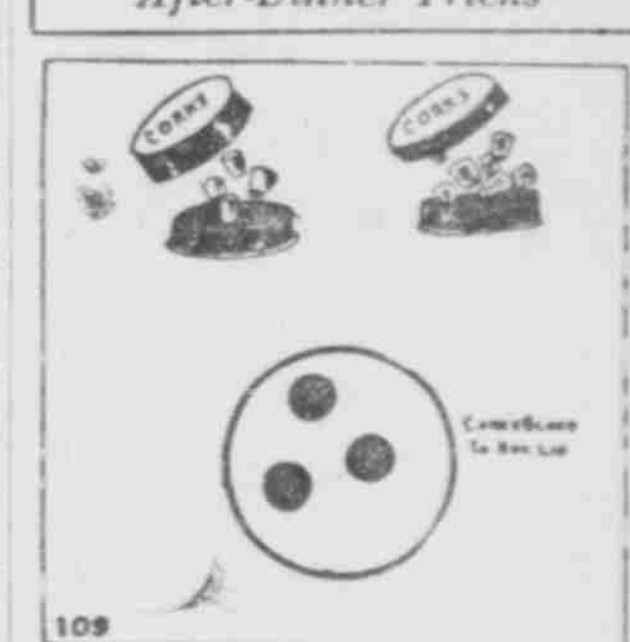
White Layer Cake.

One cup sugar, 1-2 cup butter, 1-2 cup milk, 6 eggs (whites), 1 cup flour, 1-2 cup cornstarch, 2 teaspoon baking powder, 1 teaspoon vanilla. Cream butter and sugar. Beat in one-quarter cup flour. Add milk alternately with cornstarch, flour and baking powder sifted together. Fold in the whites beaten stiff and dry. Bake in three layers and frost together with maple icing.

New safety razor lathers the face and removes the beard in one operation.

More than a million women voted at the recent elections in Canada.

After-Dinner Tricks



No. 109—Appearing Coins

A small pill box is shown to contain three coins. The cover is placed upon the box, and upon removing it again, six coins are seen inside.

The box is of the double-ended variety, both the top and bottom being removable, as shown in the drawing. The three extra coins are previously glued to the inside of one cover, which is removed as the lid to show the three original coins inside the box. Care is taken not to expose the inside of the lid. After the cover is placed on, the box is turned over while shaking it between the hands. This time the ordinary lid is removed, and the coins have doubled.

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whites. Beat together very lightly with a lifting motion.

Bake in an unbuttered cake pan moderate oven. When baked turn pan upside down on a cake rack and let cool. If a frosting is wanted use the following:

One cup granulated sugar, 5 tablespoon milk, 1 teaspoon vanilla, few grains salt.

Put sugar and milk in smooth saucepan and boil, stirring constantly after boiling begins, until a soft ball is formed when it flows in three drops. Add salt and let cool. Beat until creamy and add vanilla. Spread on cake.

Sunshine Cake.

Eight eggs (yolks), 2-3 cup butter, 2 cups sugar, 2 1-2 cups flour, 2-3 cups baking powder, 1 cup milk, 1 teaspoon lemon extract, few grains salt.

Beat butter and sugar to a cream. Sift in about one-half cup flour. Add egg yolks beaten till thick and lemon colored. Mix and sift salt, baking powder and flour. Add alternately to first mixture with milk. Add vanilla and lemon extract and pour into an angel cake pan. Bake 50 minutes in a moderate oven.

Nut Sponge Cake.

One cup sugar, 1 cup nuts, 8 eggs, 1 tablespoon lemon juice, few grains salt. Beat yolks of eggs till thick and lemon colored. Beat in sugar, adding the sugar which has been added slowly and beating vigorously. Add chopped nuts.

Beat whites with a whisk for 15 minutes, adding salt when beginning to beat and lemon juice when half beaten. Add yolk mixture to whites and cut in flour. Put in an angel cake pan with a chimney and bake 50 minutes in a moderate oven.

White Layer Cake.

One cup sugar, 1-2 cup butter, 1-2 cup milk, 6 eggs (whites), 1 cup flour, 1-2 cup cornstarch, 2 teaspoon baking powder, 1 teaspoon vanilla. Cream butter and sugar. Beat in one-quarter cup flour. Add milk alternately with cornstarch, flour and baking powder sifted together. Fold in the whites beaten stiff and dry. Bake in three layers and frost together with maple icing.

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